(TMI Newsletter – September 19, 2012)

LUCID DREAMING - WHY AND HOW

Why are people so interested in being conscious within the dream state?

Is lucid dreaming a form of out-of-body or something completely different?

Lucid dreamers largely lean toward the "something different" category, and reports of personal experiences seem to support that view. Both phenomena provide a conscious connection with the nonphysical. Both offer the opportunity to make better-informed life choices.

Stephen LaBerge, psychophysiologist and a leader in the scientific study of lucid dreaming says,

> According to my own experience, and the testimony of thousands of other lucid dreamers, lucid dreams can be extraordinarily vivid, intense, pleasurable, and exhilarating. People frequently consider their lucid dreams as among the most wonderful experiences of their lives.
>
> If this were all there were to it, lucid dreams would be delightful, but ultimately trivial entertainment. However, as many have already discovered, you can use lucid dreaming to improve the quality of your waking life.

This from an adept lucid dreamer who aims to aid others in gaining lucid dreaming skills:

What Do Lucid Dreams Feel Like?
The Hub, April 20, 2012

> Rebecca Turner's goal is, "inspiring people to lucid dream." To that end she has developed a website and populated it with loads of useful information, including the comprehensive Lucid Dreaming "primer" reposted in The Hub.
>
> I have been lucid dreaming since I was 14 years old - half my life ago. This turned out to be an awesome discovery. It has evolved my perception of reality and completely changed the way I look at human consciousness.

From TMI's Resource pages:

Out-of-Body Experience Studies
Source: Jouni A. Smed

In the section of this paper, "**What are Lucid Dreams?**" Smead reports:

> There are two reasons for associating lucid dreams with OBEs. First, recent research suggests that the same people tend to have both lucid dreams and OBEs. Second, ...it is hard to know where to draw the line between an OBE and a lucid dream. In both, the person seems to be perceiving a consistent world. Also the subject, unlike in an ordinary dream, is well aware that he is in some altered state and is able to comment on and even control the experience….It is possible to draw a line between these two experiences, but the important point to realize is that that line is not clear, and the two have much in common.
>
> But there is an important difference between lucid dreams and the other states. In the lucid dream one has insight into the state (in fact that fact defines the state).…In typical OBEs, people feel that they have really left their bodies….It is only in the lucid dream that one realizes it is a dream.

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Synchrotherapy and Hemi-Sync®
Dominique A. De Backer
TMI Journal | Spring 1998

> Highly trained lucid dreamers achieve this state anywhere from one to four times a month, after an apprenticeship which can take months, if not years. With the Hemi-Sync process, plugging in is all it takes. It's instantaneous.
>
> During the course of these dreams, people can experience visions, a discrete state of consciousness. A vision is the perception of another plane of existence, another order of reality. It has a cultural, symbolic meaning; it has structure and conveys a message. It should not be confused with hallucination, which is a disturbance of the senses and brain mechanisms that generates fictitious perceptions. Hallucination has neither structure nor internal logic nor cultural significance--symbolic or religious. It is generated during an ordinary state of consciousness.

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